

Maximizing Plant-based Protein

Sources of Plant-based Protein

Grains	Legumes	Nuts/Seeds
Barley	Black beans	Almonds
Buckwheat	Chickpeas	Brazil Nuts
Corn	Peas	Cashews
Oats	Lentils	Flaxseeds
Rice	Peanuts	Sunflower Seeds
Wheat	Soybeans*	Walnuts
Rye	Edamame	Pistachios
Quinoa	Lima beans	Chia
Amaranth	Kidney beans	Hemp

If you eat a 100% plant-based diet, you will need to focus on two things to get enough protein.

1. Eat a wide variety of plant-based foods to ensure you are getting all 9 essential amino acids.
2. Eat higher quantities of plant-based foods to ensure ample amounts of protein are being digested and absorbed.

Combinations to get all 9 essential amino acids:

Combine Grains and Legumes	Combine Grains and Nuts/Seeds	Combine Legumes and Nuts/Seeds
Peanut butter on whole grain bread	Whole grain bun with sesame seeds	Hummus (chickpeas and sesame tahini)
Black bean & corn salad over brown rice or quinoa	Oatmeal with flaxseeds	Trail mix (peanuts and sunflower seeds)
Split pea soup with barley	Almond butter on whole grain bread	Chopped nut/navy bean veggie burgers
Salad with chickpeas and cornbread	Sun butter with crackers/ whole grain pita	Sesame seeds on any bean dish
Tempeh over rice	Pistachio and quinoa side salad	Lentil soup with toasted nuts

*Soy contains all 9 essential amino acids and has high digestibility.